

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				
Kix* 1-5yr 3/4cup, 6-12yr 1 1/4cups Milk-VitD/Skim 1-2yr-1/2cup,3-5yr 3/4 cup 6-12yr 1cup Orange Juice 1-2yr 1/4cup, 3-12yr 1/2 cup	Crispix 1-5yr 1/2cup, 6-12yr 1cup Grape Juice 1-2yr 1/4cup, 3-12yr 1/2 cup Milk-VitD/Skim 1-2yr-1/2cup,3-5yr 3/4 cup 6-12yr 1cup	Life* 1-5yr 1/2cup, 6-12yr 1cup Milk-VitD/Skim 1-2yr-1/2cup,3-5yr 3/4 cup 6-12yr 1cup Orange Juice 1-2yr 1/4cup, 3-12yr 1/2 cup	Special K* 1-5yr 1/2cup, 6-12yr 1cup Apple Juice 1-2yr 1/4cup, 3-12yr 1/2cup Milk-VitD/Skim 1-2yr-1/2cup,3-5yr 3/4 cup 6-12yr 1cup	Cheerios* 1-5yr 1/2cup, 6-12yr 1cup VitD/Skim 1-2yr 1/2cup, 3-5yr 3/4 cup, 6-12yr 1cup Orange Juice 1-2yr 1/4cup, 3-12yr 1/2 cup
Lunch				
Pizza Casserole 1-5yr 1/2cup, 6-12yr 3/4 cup Applesauce 1-2yr 1/8 cup, 3-12yr 1/4cup Green Beans 1-2yr 1/8cup, 3-5yr 1/4cup, 6-12yr 1/2cup Milk-VitD/Skim 1-2yr 1/2cup, 3-5yr 3/4cup, 6-12yr 1cup	Chicken & Noodles 1-5yr 1/2cup, 6-12yr 3/4 cup Corn 1-2yr 1/8cup, 3-5yr 1/4cup, 6-12yr 1/2cup Peaches 1-2yr 1/8 cup, 3-12yr 1/4cup Milk-VitD/Skim 1-2yr 1/2cup, 3-5yr 3/4cup, 6-12yr 1cup	Meatloaf 1-2yr- 1oz meat, 3-5yr- 1.5oz meat 6-12yr- 2oz meat Bread* and Butter 1-5yr 1/2 slice, 6-12yr 1 whole slice Baked Beans 1-2yr 1/8cup, 3-5yr 1/4cup, 6-12yr 1/2cup Tropical fruit 1-2yr 1/8 cup, 3-12yr 1/4cup Milk-VitD/Skim 1-2yr 1/2cup, 3-5yr 3/4cup, 6-12yr 1cup	Chicken Nuggets 1-2yr 4nuggets, 3-5yr 6nuggets 6-12yr 8nuggets Peas 1-2yr 1/8cup, 3-5yr 1/4cup, 6-12yr 1/2cup Pears 1-2yr 1/8 cup, 3-12yr 1/4cup Milk-VitD/Skim 1-2yr 1/2cup, 3-5yr 3/4cup, 6-12yr 1cup	Chili 1-5yr 1/2cup, 6-12yr 3/4 cup Saltines 1-5yr 4 crackers, 6-12yr 8 crackers Cooked Carrots 1-2yr 1/8cup, 3-5yr 1/4cup, 6-12yr 1/2cup Pineapple 1-2yr 1/8 cup, 3-12yr 1/4cup Milk-VitD/Skim 1-2yr 1/2cup, 3-5yr 3/4cup, 6-12yr 1cup
PM Snack				
Milk-VitD/Skim 1-5yr-1/2cup, 6-12yr 1cup Animal Crackers* 1-5yr 8 crackers, 6-12yr 16 crackers	GV WG Saltines * 1-5yr-4 crackers, 6-12yr 8 crackers Sliced Cheese 1-5yr 1 slice=1/2oz, 6-12yr 2 slices=1oz Water	Graham Cracker* 1-5yr 1 sheet, 6-12yr 2 sheets Yogurt 1-5yr 1/4 cup, 1/2 cup Water *if HONEY, not under 12 months.	Applesauce 1-2yr 1/8 cup, 3-12yr 1/4cup Goldfish Crackers* 1-5yr 1/4c, 6-12yr 1/2c	Great Value WW* Butter Round Crackers 1-5yr 4 crackers 6-12yr 8 crackers Ham Slices 1-5yr 1/2 slice=1/2oz, 6-12yr 1slice=1oz Water

Not under 12 months.

* denotes whole wheat